

# SwimMAC LC Meet

## July 21, 2010

**Sanction:** Held under sanction of USA Swimming issued by North Carolina Swimming, Inc. Sanction # NC10079.

**Host:** SwimMAC

**Facility:** MAC Swim Center at Charlotte Latin School  
9850 Providence Road  
Charlotte NC 28277  
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 50 meter competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There are bleacher seating for 600 competitors and spectators. Paragon competition blocks will be used. The MAC Swim Center is a USA Swimming certified pool - see link below:  
(<http://www.usaswimming.org/USASWeb/Rainbow/Documents/0575df36-97d9-440d-9a4f-5d957a9393c8/Pool%20Certifications%20for%20Web.pdf>)

**Format:** All events will be conducted on a timed final basis. Meet management reserves the right to run the meet in 8 lanes rather than 10 depending upon the timeline. Events will be seeded in the following age groupings: 8&U, 9-10, 11-12.

**Eligibility:** All 12 & Under B/C swimmers who are registered USA Swimming athletes. Swimmers must be members of SwimMAC. Meet Management Reserves the right to limit the number of participants in the meet.

**Schedule:** WEDNESDAY AFTERNOON SESSION  
Warm-up: 4:00 PM  
Meet starts: 4:45 PM

**Coaches Meeting:** Coaches meetings will be held at 4:30 PM in the Hospitality Room.

**Officials Meeting:** Officials meeting will be held 45 minutes prior to the start of the meet.

**Entry Limit:** All swimmers may enter a maximum of 5 events.

**Rules:** This meet will be conducted in accordance with the current USA Swimming Code and the NCS Official Handbook and NCS Safety Program, except where Rules therein are optional and exceptions are herein stated. *All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.*

**Safety:** The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their

swimmers at all times. No running or horseplay will be tolerated.

**Warm-Up:** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. **During the competition, there will be lanes available for warm-up / warm-down.** There is to be no diving or horseplay in this area.

**Entry form:** Entries are to be emailed to Alison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org). All computer entries must be accompanied by a complete hard copy. Please make sure swimmers are entered with their correct age as of Wednesday, July 21, 2010.

All entries must include the following items:

- 1.) Hard Copy of Meet Entries
- 2.) Official Hy-Tek Summary Sheet
- 3.) Payment of Fees

**Fees:** \$15.00 per swimmer for the meet – this includes all fees and surcharges.

**Awards:** For 8&U events, ribbons will be awarded to the top eight 7-year-olds and the top eight 8-year-olds  
For 9-10 events, ribbons will be awarded to the top eight 9-year-olds and the top eight 10-year-olds  
For 11-12 events, ribbons will be awarded to the top eight 11-year-olds and the top eight 12-year-olds

#### **Entry**

**Deadline:** Entries must be received by **Friday, July 9, 2010**. No fax or phone entries. Late entries will be accepted at the discretion of Meet Director. Please mail entries to:

SwimMAC  
9850 Providence Road  
Charlotte, NC 28277  
Attn: Stephanie Miller, Meet Director

**E-Mail entries to Allison Pick at [apick@swimmaccarolina.org](mailto:apick@swimmaccarolina.org)**

**Fees:** \$15.00 per swimmer for the meet. This includes all surcharges.

**Officials:** All officials interested in officiating are asked to contact Chris Kitchens at least one week prior to the meet to indicate your interest. Chris Kitchens' email address is [kitchenscj@gmail.com](mailto:kitchenscj@gmail.com).

#### **Meet**

**Management:** Meet Director: Stephanie Miller  
Meet Referee: Chris Kitchens  
Safety Marshall: Terry Fritch

#### **Breaks Between Events:**

Meet Management reserves the right to add breaks between events if deemed necessary. Planned breaks will be presented at the meet's initial coaches' meeting and each break will be limited to 10 minutes. SwimMAC Team Elite reserves the option to offer short demonstrations to provide education and examples to all youngsters in the sport. Team Elite Coaches and the Referee will determine time of said demonstration.

**Hospitality:** There will be a hospitality room with drinks and snacks (no meals) open to all coaches and officials.

**Release:** USA Swimming, North Carolina Swimming Inc., Charlotte Latin School and Mecklenburg Aquatic Club and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

**Information:** For more information, please contact Larry Lee at 704-340-8586, or [LLee@swimmaccarolina.org](mailto:LLee@swimmaccarolina.org)

## SwimMAC LC Meet July 21, 2010

### WEDNESDAY AFTERNOON SESSION

Warm-up: 4:30 PM, Meet Start: 5:15 PM  
8&U, 9-10, and 11-12

July 21, 2010

#### Order of Events

<u>GIRLS</u>		<u>BOYS</u>
1	11-12 100 Free	2
3	9-10 100 Free	4
5	8&U 100 Free	6
7	11-12 100 Breast	8
9	9-10 100 Breast	10
11	11-12 50 Breast	12
13	9-10 50 Breast	14
15	8&U 50 Breast	16
17	11-12 50 Back	18
19	9-10 50 Back	20
21	11-12 100 Back	22
23	9-10 100 Back	24
25	8&U 50 Back	26
27	11-12 50 Fly	28
29	9-10 50 Fly	30
31	8&U 50 Fly	32
33	11-12 50 Free	34
35	9-10 50 Free	36
37	8&U 50 Free	38
39	11-12 200 IM	40